

# Know *Your* Numbers

## Blood Pressure and Cholesterol



Knowing your blood pressure and cholesterol is vital to your health.

If either one is too high, you could be at risk for heart disease and stroke. Ask your health care provider today to check these important numbers. And remember to ask what you can do to control your numbers to stay healthy.

Other numbers to remember for a healthy life:  
30 minutes of physical activity daily.  
5 servings of fruits and vegetables daily.

To order more post-it notes,  
please contact MCVHP at  
207-287-5388



**Healthy Maine Partnerships**

**Maine Cardiovascular Health Program**

Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

[www.healthymainepartnerships.org/mcvhp](http://www.healthymainepartnerships.org/mcvhp)